



ANXIETY AMONG SENIOR SECONDARY SCHOOL STUDENTS IN RELATION TO GENDER

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ABSTRACT

Present study was undertaken to investigate the significance of difference in anxiety of male and female students. The study was conducted on 200 Government Senior Secondary School students (100 male and 100 female). Anxiety scale by Srivastava and Tiwari was used to collect the data. The result of the study showed no significant difference in the anxiety of male and female students.

KEY WORDS: Anxiety, senior secondary school students, gender.

Introduction

According to Frued (1926) anxiety is a special state of displeasure with act of discharge along particular paths. According to Rogers (1951) anxiety is experienced when the individual perceives something that is a threat to his self concept. It is an awareness of discrepancy between the self-concept and reality. Fisher (1970) defined anxiety as 'the experience of being impelled to beactualized for which abilities have already been apprehended as uncertain. In behavioral terms Sarason (1980) defined anxiety as a conditioned response to a perceived threatening stimulus which could be learned or inherited. Benjamin (1987) noted that anxiety can interface with attention, learning and testing. According to Bouras and Holt (2007). Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. According to Chadha (2009) Anxiety may be defined as a mental distress with respect to some anticipated frustration.

Related literature

Wehr-Flowers (2006) conducted a study 83 men and 54 women and found that female have significantly higher level of anxiety as compared to male. McLean, Asnaani, Litz and Hofmann (2011) conducted a study and found that anxiety disorders are not only more prevalent but also more disabling in women than in men. Zalta and Chambless (2012) conducted a study on 159 men and 239 women and found that women had significantly higher level of anxiety as compared to men. Hosseini and Khazali (2013) conducted a study on 1200 students (600 girls and 600 boys) and found that female students have significantly higher level of anxiety as compared to male students. Alam (2013) conducted a study on 320 class 12 students from Government inter colleges of Darbhanga district and found that boys have less anxiety as compared to female students.

Banga (2014) conducted a study 200 9th class students in Hamirpur district of Himachal Pradesh and concluded that boys had significant higher level of anxiety as compared to girls.

Olatoye (2009) conducted a study and concluded that there is no significant difference in anxiety of male and female students. Touseef (2015) conducted a study on 200 students studying in various departments of Kashmir University and found no significant difference in anxiety of male and female students.

Objective

1 To investigate the significance of difference in anxiety of male and female students.

Hypothesis

H₀ There is no significant difference in anxiety of male and female students.

Sample

Sample of the study consisted of 200 Government Senior Secondary School students (100 male and 100 female).

Tool

Anxiety scale by Srivastava and Tiwari (1973) revalidated by the author.

Result and discussion

To investigate the significance of difference in anxiety of male and female students mean, standard deviation and t-ratio were worked out and the values are given in table given below:

Table: Significance of difference in anxiety of male and female students

Group	N	Mean	Standard deviation	t-ratio
Male students	100	174.14	13.94	0.53 (N.S.)
Female students	100	173	16.30	

N.S. means non-significant

Table reveals that the values of mean for male and female students are 174.14 and 173 respectively. The value of t-ratio is 0.53 which is non-significant ($p < 0.05$). The male and female students thus do not differ significantly in their anxiety. This leads to acceptance to null hypothesis, 'There is no significant difference in anxiety of male and female students.' This finding is supported by the studies conducted by Olatoye (2009) and Touseef (2015).

Implications: The result of the study reveals no significant difference in the anxiety of male and female students thus same programme for reducing anxiety can be planned for both male and female.

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